

WHAT IS CLAIMED IS:

1. A composition for coating cereals comprising an extract of mulberry leaves(Mori Folium) or an extract of a herb mixture comprising mulberry leaves
5 and a starch solution having a concentration ranging from 10 to 50 % (w/v), the extract:starch solution weight ratio being in the range of 21:1 to 21:10, wherein the herb mixture consists of mulberry leaves and a herb medicine selected from the group consisting of Panax Ginseng, Mori Fructus, Lycil Fructus and a mixture thereof.

10

2. The composition of claim 1, wherein the herb mixture comprises mulberry leaves and Panax Ginseng in a weight ratio ranging from 5:1 to 20:1.

3. The composition of claim 1, wherein the herb mixture comprises
15 mulberry leaves, Panax Ginseng and a herb medicine selected from the group consisting of Mori Fructus, Lycil Fructus and a mixture thereof in a weight ratio ranging from 10:2:5 to 20:1:8.

4. The composition of claim 3, wherein the herb mixture comprises
20 mulberry leaves, Panax Ginseng, Mori Fructus and Lycil Fructus in a weight ratio ranging from 2:0.2:2:1.

5. The composition of claim 1, wherein the starch is selected from the group consisting of rice, potato, corn and a mixture thereof.

25

6. A coated cereal having a blood glucose level-lowering effect, which is prepared by coating cereals with the composition of claim 1.

7. The coated cereal of claim 6, which has a preventive effect on diabetes.

5 8. The coated cereal of claim 6, wherein the cereals are selected from the group consisting of polished rice, unpolished rice, barley, wheat, millet, German millet and African millet.

9. A coated cereal having a blood glucose level-lowering effect, which is prepared by coating cereals with the composition of claim 2.

10

10. The coated cereal of claim 9, which has a preventive effect on diabetes.

11. The coated cereal of claim 9, wherein the cereals are selected from the group consisting of polished rice, unpolished rice, barley, wheat, millet, German
15 millet and African millet.

12. A coated cereal having a blood glucose level-lowering effect, which is prepared by coating cereals with the composition of claim 3.

20 13. The coated cereal of claim 12, which has a preventive effect on diabetes.

14. The coated cereal of claim 12, wherein the cereals are selected from the group consisting of polished rice, unpolished rice, barley, wheat, millet, German millet and African millet.

25

15. A coated cereal having a blood glucose level-lowering effect, which is prepared by coating cereals with the composition of claim 4.

16. The coated cereal of claim 15, which has a preventive effect on diabetes.

17. The coated cereal of claim 15, wherein the cereals are selected from the
5 group consisting of polished rice, unpolished rice, barley, wheat, millet, German
millet and African millet.

18. A process for preparing a coated cereal having a blood glucose level-
lowering effect, comprising the steps of mixing the composition of claim 1 and
10 cereals in a ratio ranging from 10 to 100 g composition/kg cereal to coat the cereal
with the composition and drying the coated cereal.

19. The process of claim 18, wherein the cereals are selected from the
group consisting of polished rice, unpolished rice, barley, wheat, millet, German
15 millet and African millet.

20. The process of claim 18, wherein the coated cereal is dried at a
temperature ranging from 30 to 60°C.